



2013 Maryland Million Hearts Symposium Agenda

Event Facilitator

Donald Shell, MD, MA
Director, Cancer and Chronic Disease Bureau
Maryland Department of Health and Mental Hygiene (DHMH)

8:00 – 9:00 am

Breakfast and Registration

Participants will arrive and register for the symposium. This is an opportunity to network with peers.

9:00 – 10:30 am

Morning Plenary

Welcome & Greetings

Joshua Sharfstein, MD
Secretary, DHMH

Fredia Wadley, MD, MSPHA
CEO, Delmarva Foundation

Keynote Address: “It Takes a Village”

Janet Wright, MD, FACC
Executive Director, Million Hearts Initiative

The morning plenary will kick-off the Maryland Million Hearts Symposium with a welcome from event sponsors, the Maryland Department of Health and Mental Hygiene and the Delmarva Foundation. The keynote presentations will frame the issue of why preventing heart attacks and strokes is essential, describe the burden of cardiovascular disease and its risk factors, provide an overview of the Million Hearts Initiative, and describe why it is critical to leverage statewide resources and partnerships to have a sustainable public health impact.

10:30 – 11:45 pm

Morning Breakout Session

Health Care Track

“Health Care Providers Harnessing the Synergies to Improve the ABCS – Part I”

Health care providers across the state are increasingly recognizing that improvement will only come about through the collaborative efforts of providers, patients and other key stakeholders. Panelists will share innovative strategies for improving the ABCS in a variety of clinical settings. This session will also address the many factors that contribute to health disparities.



Worksite Track

"Changing Tides of Health Care Reform and Promising Workplace Wellness Practices"

Join this session to hear about health care reform deadlines, tax credits employers might be eligible for, and how to utilize the Maryland Health Connection — a one-stop shop for businesses to find insurance plans to best meet the needs of their employees. Research shows that healthy employees miss less work and are more productive while at work. In part two, you'll hear from companies that are creating healthier employees and reaping the rewards.

Communities, Schools, and Childcare Track

"Creating Healthy Environments in Schools and Childcare Settings"

Schools and childcare settings can help prevent childhood obesity and other chronic conditions by reinforcing healthy behaviors including good nutrition and regular physical activity. Using evidence-based policies and practices, schools and childcare settings throughout Maryland are working to create healthy environments for children, as supported by DHMH's Community Transformation (CTG) and Preventive Health and Human Services (PHHS) Grant Programs. Speakers will present innovative approaches to promoting student and employee wellness.

11:45 – 1:00 pm*

Plenary Luncheon

"Energizing our Communities to Achieve Blood Pressure Control"

Statewide organizations discuss evidence-based initiatives that are being promoted and have been shown to be successful in achieving blood pressure control across Maryland.

*The Cardiovascular Workplace Training will be held from 12:00 to 3:30 pm as a concurrent health care afternoon session.

1:00 – 2:15 pm

Afternoon Breakout Session

Health Care Track

"Health Care Providers Harnessing the Synergies to Improve the ABCS – Part II"

Learn how clinicians and community-based organizations are going beyond the limits of conventional medicine to improve cardiac health in Maryland. Panelists will share their unique and often unconventional approaches to improve the ABCS.

*"Cardiovascular Workplace Training**" (12:00—3:30 pm)*

This quality-focused training in cardiovascular health will focus on the critical issue of improving the management of high blood pressure by primary care providers. The speakers will examine topics including: Care Transitions, CHF Management, ACE and ARB use, and Medication Adherence.

* This concurrent health care session will be led by the Maryland Learning Collaborative.



Worksite Track

"Leveraging Free/Low-Cost Public Health Resources to Improve Your Bottom Line"

Employers: Did you know there are free resources that can help you lower absenteeism and improve productivity?

Public Health Agencies: Are you having difficulty reaching employers with your support? In this session, local health departments and their partners will present free/low-cost public health resources that can assist an employer with creating a healthier workforce, driving down the rising costs of health care, and improving their competitive edge. These presentations will be followed by a panel discussion between public health and employers that are successfully partnering to make sustainable changes at the workplace and are improving the health of the Maryland workforce and community. How can we make these partnerships most effective for public health partners and the businesses they serve?

Communities, Schools, and Childcare Track

"Building Community-Clinical Linkages through Collaboration with Allied Health Professionals"

Community health workers and other allied health professionals can greatly improve health outcomes for individuals by helping them navigate the health care system, obtain recommended screenings, learn self-management behaviors, and access available services. Allied health professionals often work with individuals to overcome barriers to obtaining care. Speakers will discuss their CTG and PHHS efforts and highlight their experiences working with allied health professionals in local communities.

2:15 – 2:30 pm

Well-being Break

2:30 – 3:30 pm

Afternoon Plenary Panel

"Call to Action: Multi-Sectoral Application of the Maryland Million Hearts Implementation Guide"

Identify strategies and resources for implementing related activities within your own sphere of influence in the public and private health care, worksite, community, school, and childcare settings.

3:30 – 4:00 pm

Closing Remarks

Laura Herrera, MD, MPH

Deputy Secretary of Public Health Services, DHMH